



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09184, Melons, honeydew, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4	g	89.82	20	0.478	88.3	92.17	3.0	88.298	91.338	4	Analytical or derived from analytical	--	01/2003
Energy	kcal	36	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Energy	kJ	150	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Protein 1 2 3	g	0.54	18	0.054	0.31	0.8	2.0	0.308	0.775	3	Analytical or derived from analytical	--	01/2003
Total lipid (fat) 2 3	g	0.14	8	0.037	0.07	0.27	1.0	-0.329	0.614	2	Analytical or derived from analytical	--	01/2003
Ash 1 2 3	g	0.41	17	0.021	0.3	0.6	2.0	0.318	0.499	3	Analytical or derived from analytical	--	01/2003
Carbohydrate, by difference	g	9.09	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Fiber, total dietary 1 2 3 4	g	0.8	20	0.140	0.5	1.7	3.0	0.342	1.232	4	Analytical or derived from analytical	--	01/2003
Sugars, total 2 3	g	8.12	8	0.925	5.55	13.12	4.0	5.387	10.861	2	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 2 3	g	2.48	8	0.574	0.07	4.13	5.0	0.982	3.976	2	Analytical or derived from analytical	--	01/2003
Glucose (dextrose) 2 3	g	2.68	8	0.251	1.36	4.64	3.0	1.903	3.459	2	Analytical or derived from analytical	--	01/2003
Fructose 2 3	g	2.96	8	0.156	1.76	4.73	3.0	2.48	3.448	2	Analytical or derived from analytical	--	01/2003
Lactose 2 3	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Maltose 2 3	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Galactose 2 3	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Starch 2	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
Minerals													
Calcium, Ca 1 2 3 5	mg	6	19	1.404	3	13	3.0	1.574	10.512	4	Analytical or derived from analytical	--	01/2003
Iron, Fe 1 2 3 5	mg	0.17	19	0.008	0.13	0.21	3.0	0.145	0.194	4	Analytical or derived from analytical	--	01/2003
Magnesium, Mg 1 2 3 5	mg	10	19	1.202	7	17	3.0	6.457	14.108	4	Analytical or derived from analytical	--	01/2003

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Phosphorus, P 1 2 3	mg	11	18	0.265	8	16	2.0	10.165	12.441	3	Analytical or derived from analytical	--	01/2003
Potassium, K 1 2 3 5	mg	228	19	17.897	144	278	3.0	170.751	284.665	4	Analytical or derived from analytical	--	01/2003
Sodium, Na 1 2 3 5	mg	18	12	1.850	11	26	3.0	11.906	23.684	4	Analytical or derived from analytical	--	01/2003
Zinc, Zn 1 2 3 5	mg	0.09	19	0.008	0.07	0.12	3.0	0.065	0.115	4	Analytical or derived from analytical	--	01/2003
Copper, Cu 1 2 3 5	mg	0.024	19	0.003	0.02	0.05	3.0	0.014	0.034	4	Analytical or derived from analytical	--	01/2003
Manganese, Mn 1 2 3 5	mg	0.027	19	0.002	0.02	0.04	3.0	0.02	0.034	4	Analytical or derived from analytical	--	01/2003
Selenium, Se 2	µg	0.7	4	0.000	0.7	0.7	--	--	--	1	Analytical or derived from analytical	--	01/2003
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	18.0	14	1.637	14.6	22.3	1.0	-2.795	38.809	2	Analytical or derived from analytical	--	01/2003
Thiamin 1 2	mg	0.038	14	0.013	0.01	0.06	1.0	-0.124	0.2	2	Analytical or derived from analytical	--	01/2003
Riboflavin 2 3	mg	0.012	8	0.002	0.01	0.01	1.0	-0.019	0.044	2	Analytical or derived from analytical	--	01/2003

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Niacin 1 2 3	mg	0.418	18	0.061	0.26	0.59	2.0	0.154	0.682	3	Analytical or derived from analytical	--	01/2003
Pantothenic acid 2 3	mg	0.155	8	0.068	0.05	0.37	1.0	-0.703	1.013	2	Analytical or derived from analytical	--	01/2003
Vitamin B-6 1 2 3	mg	0.088	18	0.012	0.05	0.12	2.0	0.036	0.14	3	Analytical or derived from analytical	--	01/2003
Folate, total 1 2 3	μg	19	18	3.066	14	44	2.0	6.008	32.394	3	Analytical or derived from analytical	--	01/2003
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	19	18	3.066	14	44	2.0	6.008	32.394	3	Analytical or derived from analytical	--	01/2007
Folate, DFE	μg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total	mg	7.6	--	--	--	--	--	--	--	--	Calculated or imputed	09181	01/2007
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 1 2 3	μg	3	16	0.037	2	3	2.0	2.356	2.672	3	Analytical or derived from analytical	--	01/2003
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2 3	μg	30	16	0.441	20	40	2.0	28.269	32.064	3	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha 2 3	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Cryptoxanthin, beta 2 3	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Vitamin A, IU 1 2 3	IU	50	16	0.735	33	67	2.0	47.116	53.44	3	Analytical or derived from analytical	--	01/2003
Lycopene 2 3	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Lutein + zeaxanthin 2 3	µg	27	6	3.810	17	42	2.0	12.889	41.777	2	Analytical or derived from analytical	--	01/2003
Vitamin E (alpha-tocopherol) 2	mg	0.02	3	0.006	0.01	0.03	2.0	-0.005	0.045	1	Analytical or derived from analytical	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 2	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
Tocopherol, gamma 2	mg	0.03	3	0.003	0.02	0.03	2.0	0.012	0.041	1	Analytical or derived from analytical	--	01/2003
Tocopherol, delta 2	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ^{2,3}	µg	2.9	8	0.130	2.1	3.3	5.0	2.541	3.226	2	Analytical or derived from analytical	--	01/2003
Lipids													
Fatty acids, total saturated	g	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
12:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
14:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
16:0	g	0.032	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
18:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Fatty acids, total monounsaturated	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
18:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Fatty acids, total polyunsaturated	g	0.059	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
18:2 undifferentiated	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan 2 3	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Threonine 2 3	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Isoleucine 2 3	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Leucine 2 3	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lysine 2 3	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine 2 3	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cystine 2 3	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Phenylalanine 2 3	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Tyrosine 2 3	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Valine 2 3	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Arginine 2 3	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Histidine 2 3	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Alanine 2 3	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Aspartic acid 2 3	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glutamic acid 2 3	g	0.153	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine 2 3	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Proline 2 3	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Serine 2 3	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin 7	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Petunidin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Delphinidin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Malvidin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Pelargonidin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Peonidin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 7	mg	0.0	--	0.04	0	0.22	--	--	--	--	--	--	--
(-)-Epicatechin 7	mg	0.0	--	0.01	0	0.03	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Luteolin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Myricetin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Quercetin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Isoflavones													
Daidzein 8	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 8	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 8	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 6	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 6	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 6	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 6	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 6	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Produce Marketing Association (PMA) Nutrient Content of Honeydew, 1985

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4f, 2000 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5h, 2001 Beltsville MD

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